



Nationale Moyenne Distance

La Houssière 20.3.2022

Altaïr C.O.

Emma MAES

K.O.L.

Circuit : D-20

Distance : 4300m (Dénivelé 115m)

Temps : 1:02:50 (14'37"/km)

4/4

O.K.

[Résultats complets sur Webres](#)

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|-----------------------|---------|
| 1. Julia KREKELS | 0:40:06 |
| 2. Laurence DEFRAIGNE | 0:41:01 |
| 3. Lotte TIESTERS | 0:51:06 |

1.	225	00:06:21		554m	11'28"/km
2.	249	00:00:59	00:07:20	111m	8'52"/km
3.	227	00:05:56	00:13:16	170m	34'54"/km
4.	232	00:04:14	00:17:30	228m	18'34"/km
5.	189	00:02:22	00:19:52	175m	13'31"/km
6.	202	00:00:51	00:20:43	75m	11'20"/km
7.	213	00:01:04	00:21:47	91m	11'43"/km
8.	229	00:01:51	00:23:38	157m	11'47"/km
9.	242	00:01:37	00:25:15	162m	9'59"/km
10.	168	00:02:13	00:27:28	145m	15'17"/km
11.	173	00:06:14	00:33:42	297m	20'59"/km
12.	246	00:02:02	00:35:44	151m	13'28"/km
13.	244	00:05:51	00:41:35	509m	11'30"/km
14.	175	00:10:10	00:51:45	558m	18'13"/km
15.	214	00:01:44	00:53:29	145m	11'57"/km
16.	219	00:01:53	00:55:22	111m	16'58"/km
17.	194	00:03:08	00:58:30	254m	12'20"/km
18.	186	00:01:21	00:59:51	156m	8'39"/km
19.	255	00:02:27	01:02:18	162m	15'07"/km
20.	999	00:00:32	01:02:50	87m	6'08"/km

Orienteering Software